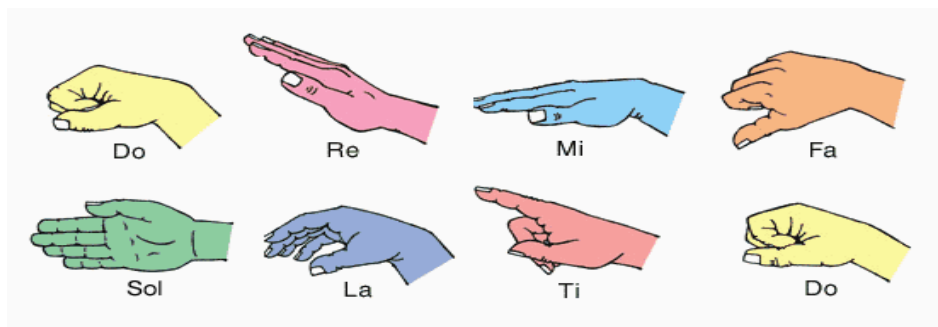


## Warm-Ups with Mr. Eliseo

- Physical Warm ups:
  - Stretches
    - One, Two, Three, Four, Five
    - Spanish: Uno, Dos, Tres, Quatro, Cinco
    - Italian: Uno, Due, Tre, Quattro, Cinque (Cheen-que)
    - French: Un (Uh), Deux (Du), Troi (twah), Quatre (Kat-ruh), Cinq (sank)
    - German: Eins (Einz), Zwei (Tsvy), Drei (Dry), Vier (Fear), Fünf (Foonf)
  - Sour Surprised Faces
- Breathing Warm ups:
  - Silent Apple Breaths with warm, foggy, air going out
    - In 4, 2 sips, out 2 (all air out) FAST AIR
    - In 4, 2 sips, out 4 (all air out) Medium air
    - In 4, 2 sips, out in 30 seconds (all air out) slow air
- Vocal Warm ups:
  - Scales (with hand signs)
    - Do, Re, Mi, Fa, Sol (the l is silent), La, Ti, Do
  - Mother Made Me Mash My M And M's, Oh No! (slow to fast)
  - \*Mickey Mouse voice\* (with hand signs)
    - Sol, Fa, Mi, Re, Do





## Whisper A Prayer

Whisper a pray'r in the morning,  
Whisper a pray'r at noon,  
Whisper a pray'r in the evening,  
To keep your heart in tune.

God answers pray'r in the morning,  
God answers pray'r at noon,  
God answers pray'r in the evening,  
He'll keep your heart in tune.